



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

I am a mentor.

I am a comrade.

I am a friend.

I am a loved one.

I will reach out for help.



I am a Marine



You are not alone. There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

1-800-273-TALK (8255)

It's important to talk about suicide and feelings of depression or PTSD. If you're looking for more information or resources, trained health professionals are available 24/7 at the:

DCoE Outreach Center

866-966-1020

resources@dcoeoutreach.org

www.dcoe.health.mil